



Calaamadaha Shiddada

Inta aan nool nahay, waxaa jira waqtiyo shiddada nagu badan karto, sida marka lala kulmo musiibo ama cudur darran. Waxaa jira waqtiyo kale, ay shiddada noqon karto mid soo noqnoqota, taasoo ku dhisan dhacdooyinka isku xiga, oo laga yaabo in aan la aqoonsanin. Calaamadahaan shiddada waxaa ka mid ah:

Baddalaadda hawlaha caadiga. Qofka wuxuu joojiyaa in uu tago kaniisadda, wuxuu ka baxaa naadiyada ama kooxaha kale, ama wuxuu joojiyaa in uu booqdo asxaabta.

Marka xanuunka soo batto. Waxaa dhici karto in qofka ku soo battaan cudurada neefta qeybta kore (hargabka, qandhada) ama xaaladaha kale ee soo noqnoqda (xanuunka, qufaca joogtada ah).

Marka muuqaalka guriga ama beerta hoos u dhacdo. Qoyska sharaf uma haayo sida guriga iyo dhulka u muuqdaan ama ma haysto waqtii uu ku dayactiro.

Marka daryeelka xoolaha guri joogga ama xoolaha la dhaqdo hoos u dhaco. Waxaa dhici karto in xoolaha aan loo daryeelin sida caadiga; waxay lumin karaan xanaano, waxay u muuqan karaan caato ama waxay muujin karaan calaamadaha dayaca ama ku xadgudubka jirka.

Kor u kaca dhaawaca. Waxaa kor u kaca halista dhaawaca taasoo ugu wacan daalka ama marka la lumiyoo awoodda. Waxaa dhici karto in caruurta ku jiraan halis haddii aysan jirin xanaano cunugga ku filan.

Caruurta waxay muujiyaan calaamadaha shiddada. Waxaa dhici karto in caruurta muujiyaan dabeeecad xumo, hoos u dhaca darajooyinka ama in aysan marar badan tagin dugsiga. Waxaa kaloo dhici karta in ay muujiyaan calaamadaha ku xadgudubka jirka ama dayaca.

Calaamadaha Shiddada Soo Noqnoqata, Mid Muddo Dheer Socota

Marka qoysaska ku jiraan shiddo muddo dheer - mid soo noqnoqota, mid muddo dheer socota - waxay la kulmi karaan dhowr calaamado iyo waxaa lagu arkaa sifooyin.

Calaamadaha Jirka

- Madax xanuun
- Nabro
- Dhabar xanuun
- Cunto xumo
- Hurdo xumo
- Cudur soo noqnoqda
- Daal

Calaamadaha Shacuurta

- Calool xumo
- Niyad jab
- Ciil
- Carro
- Walwal
- Niyad xumo
- Kaftan la'aan

Calaamadaha Dabeeecadda

- Carro dhaw
- Xan
- Dabeeecad xumo
- Is aruuriin
- Qabooban-dagaal badan
- Qamro cabid
- Dagaal

Calaamadaha Garashada

- Xasuus la'aan
- Fakar la'aan
- Awood yari lagu gaaro go'aan

Qadarinta Nafta

- "Waan guul dareystay."
- "Waan khasaariyay."
- "Maxay tahay sababta aan aniga ...?"

Calaamadaha Niyad Jabka ama Rabitaanka Iska Qaadidda Nafta

Marka calaamadaha ama waxyaabaha lagu arko qofka sii bataan, waa in ay sii bataan murugada laga qabo qofka. Haddii qofka muujiyo calaamadaha soo socda ee la xariira niyad jabka ama rabitaanka in uu iska qaado nafta, waxaa muhiim ah in lala xariiriyo kaalmo sida ugu dhakhsiyaha badan. Waa in si dhab ah loo qaato dhamaan oohinta lagu dalbado kaalmo.

Calaamadaha Niyad Jabka

- Muuqaalka:** Wiji xumo, dhaqaaq tartiib ah, indho aan ku adkeysan karin fiirinta
- Dareenka farxad la'aanta:** Dareenka calool xumada, rajo la'aanta, niyad jabka, tabar darrida
- Fikradaha xun:** "Waan ku guul dareystay," "Ma fiicni," "Ma jiro qof isku mashquuliyo"
- Hoos u dhaca hawlaha:** "In wax kasta la sameeyo waxay u baahan tahay dadaal badan."
- Dhibatooyinka dadka:** "Ma rabi in qof uu i arko," "Waxaan dareemaa in aan ahay keligey"
- Dhibatooyinka jirka:** Dhibatooyinka hurdada, hoos u dhaca xiisada loo qabo kacsiga, madax xanuunka
- Dambiga iyo is-qadarin liidato:** "Aniga ayaa ugu wakan," "Waa in ley ciqaabo"

Calaamadaha Rabitaanka Iska Qaadidda Nafta

- Murugada ama niyad jabka:** Murugo culus, qoto dheer ama niyad jab
- Ka noqoshada iyo is-aruuriinta:** Gooni, keli ahaan, asxaab iyo taageereyaal la'aanta
- Kaalmo la'aan iyo rajo la'aan:** Dareenka tabar darri buuxda, dareenka raja la'aanta
- Badsashada qamrada:** Badanaa waxaa jira xariir ka dhexeeyo qamrada iyo rabitaanka in qofka isdilo.
- Qorshaha naf iska qaadista:** Fikrado soo noqnoqda ama joogto ah iyo go'an lagu haayo madaxa.
- Oohinta doonista kaalmada:** Dardaaranka, bixinta hantida, hadalada sida "Waxaan ku tilmaamaa joojin" ama "Laga yaabaa in qoyskeyga fiicnaan lahaa aniga laanteyda."

University of Wisconsin-Madison

Studies)

Dabaado (Professional Development & Applied

Hormatiinta Agoontaa iyo Daraasaadka Lagu

Professor Emeritus

Roger T. Williams

Waxaa soo saarray:

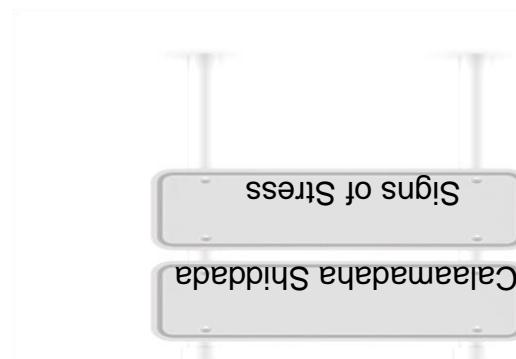
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Department of Agriculture, Trade and



Consumer Protection



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Xaggee Laga Helaa Kaalmo?

Haddii aad u baahan tahay kaalmo ku saabsan sida loo helo ilaha xaafadda, sida raashin, hooy, la-tallin ama baahi kale oo aasaasi ah, wac **211**. Tani waa adeeg lacag la'aan ah oo asturan.



Xarunta Beerta Wisconsin (Wisconsin Farm Center) waxaa laga helaa fojarada la-tallinta oo loo isticmaali karo wakaaladaha la-tallinta ee ka-qeybgala. Sidoo kale tani waa adeeg lacag la'aan ah oo asturan. Ha sugin in aad kaalmo u heshid qof u baahan. Wac Xarunta Beerta Wisconsin (Wisconsin Farm Center) si aad u heshid macluumaa badan.

800/942-2474



Department of Agriculture, Trade and Consumer Protection